The
Niagara Advance
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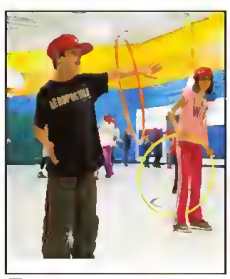
Thursday, December 31, 2015

Delivering more than just a meal 4



Recess program teaches social skills 4

Sparks brighten up church garden get it online
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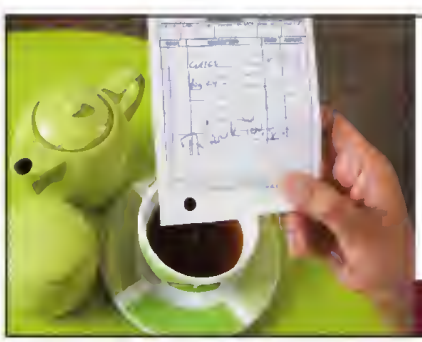
All for a good cause

About 30 people participated in the 40th annual Penguin Dip Boxing Day in NOTL, helping to raise money for Red Roof Retreat, which offers weekend respite care and day programs for special needs children and young adults. For story see Page 2.

Don Fraser/Postmedia Network



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Penguins enjoy milder dip for Red Roof Retreat

Don Fraser
Postmedia Network

Owen Bjorgan agreed the only thing wrong in a Speedo is a dunk into the frigid waters of Lake Ontario.

Bjorgan, 23, was marking his fourth Penguin Dip in Niagara-on-the-Lake Saturday. He was sporting a dark Speedo – and no other skin cover — as he and about 30 others waited in a heated trailer for the famous Penguin Club swim.

"The key to this is to remember it is supposed to be fun and for a good cause," he said.

"And everybody will get out alive and we'll all celebrate on the other side," Bjorgan added with a laugh.

"So it's a bit of short-term pain and long-term gain for everybody else."

Now into its 40th year, the event also served as a fundraiser for Red Roof Retreat.

Red Roof is a local camp that provides respite and recreational programs for children, youths and young adults with special needs and their families in Niagara.

Money was raised in advance with almost $8,000 in pledges, and also at the event.

Rules require three wades into the water of Lake Ontario, a quick dip, another with splashing and silly stunts, third a grueling slow walk backward.

Swimmers become club members by participating in three separate years.

Lifelong town resident Carol Dyck, 54, was among dozens to take in the spectacle of splashes and shrieks.

"Most of the people here are Townies, and I just live down the street" said Dyck.

"It's about all of them getting together and it's a great event."

Afterward, event volunteer Chris Bjorgan — Owen's uncle — remarked on the 6°C air temperature, much warmer than previous years.

"It's more fun when it's cold," he said, shivering nonetheless after his plunge. "There's no real challenge here.

"There's two ways you can get your water here — cold and wet or cold and ice-hard," said Bjorgan.

"This was just cold and wet."

Penguins take a quick first dip in Lake Ontario Boxing Day for the 40th anniversary of the event off Ball's Beach in NOTL, raising money for Red Roof Retreat.

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Milder temperatures brought out Penguin Dip veterans and first-timers who helped raise money for Red Roof Retreat.
Don Fraser/Postmedia Network

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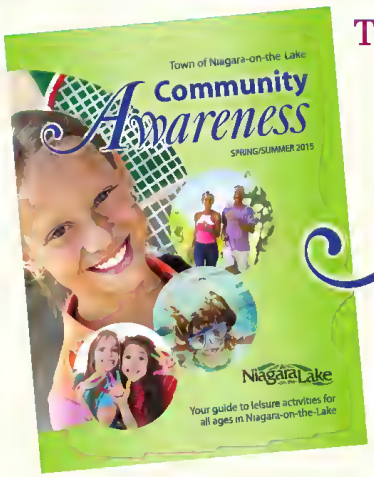

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Spring/Summer 2016

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Look for your copy of the Spring/Summer Community Awareness 2016 in the Niagara Advance February 25, 2016

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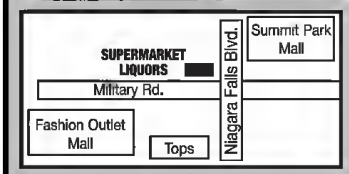

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More than just meals

Penny Coles
Niagara Advance

When Penny Lear retired to Niagara-on-the-Lake, leaving behind her a busy life as a bank executive, she had some time on her hands to volunteer.

She had watched her elderly parents' health decline, and she realized how important it was to have services in the community to help keep them in their home - services that were valuable both to seniors and to their family members.

So when a neighbour suggested Lear help her deliver Meals on Wheels, it seemed a good way for her to become more involved in her new community - and she got hooked.

Soon, she and her husband Graham Lear, a drummer with an illustrious career, including many years playing with Carlos Santana, decided to take their own run. Penny also continues to help her neighbour.

"Delivering Meals on Wheels gives me a connection to the community," says Penny.

"It's an opportunity to meet people that I might otherwise not come across. They have some interesting stories and history about the community."

The Lears are part of a small group of volunteers who work in pairs to hand deliver hot or frozen meals to the elderly.

It's not taxing time-wise, says Penny, and it's not complex, but it's very rewarding.

"It's a very valuable service."

For some seniors, cooking for themselves becomes increasingly difficult, and eventually, even dangerous.

"Family members begin to see that, and they look for ways to keep their loved ones in their homes longer. Sometimes it's a matter of not being able to get out and shop, and in other cases, it's just not the right food. Their family wants to be sure that they're eating, but also that they're eating the right food."

The hot meals - soup, an entree of meat, fish or fowl, two vegetables and potato, rice or pasta, with desert - are prepared by the staff at the Greater Niagara General Hospital, then packed and delivered by volunteers Monday to Friday, around midday.

Pre-ordered frozen meals are prepared at a St. Catharines seniors' home and delivered once a week, on Tuesday afternoons.

"Some choose both," says Lear.

Sometimes, a chance to chat seems as important to the seniors, the majority of whom live along, as the hot meal, she says.

And family members find it reassuring that once a day, someone will be ringing the doorbell, and will know if there is a problem, such as failing health, or something around the house that needs fixing.

'Some don't want to chat, but often times, if you do, they're receptive. They like the contact, and come to look forward to it."

It can be difficult, she says, "when you feel you've come to know someone, and then all of a sudden they're not there any more," but despite the sadness, she said, she feels better for having known them.

Marianne McRay, executive director of Meals on Wheels for Niagara Falls and NOTL, says there are about 900 people within that area receiving meals, but only about 50 in NOTL.

She's sure there are seniors in town who either don't know the details of the service, or don't realize they could qualify for the subsidized, nutritious meals.

Some seniors who receive the service are still relatively independent, still driving and doing their own shopping, she said.

See Page 5

Penny and Graham Lear volunteer to deliver Meals on Wheels. There are likely seniors in town who could take advantage of the service, but don't know they qualify.

Frozen meals more popular

From Page 4

But they aren't necessarily preparing nutritious, balanced meals, she said, in which case they qualify for Meals on Wheels.

"We call it the 'tea and toast' syndrome. If asked whether they've eaten, they can say yes, and they have, but they haven't eaten well."

The tide has turned for frozen versus hot meals, she said - for many years, the hot meal was the most popular.

But not all seniors like their hot meal midday, and they're advised that if they reheat it at dinner, they are losing nutrition and taste. The frozen meals, prepared specifically for seniors, are good for diabetic and low sodium diets, are well-balanced, and flash-frozen so when they're microwaved, they are tasty as well as healthy.

And not all seniors want to stay home in the middle of the day, when hot meals are delivered. If they stock up on frozen food, they only have to stay in once a week, on a Tuesday afternoon.

Hot meals are $6.45, while frozen, with entree and soup or dessert are $6.45, or $7.15 for entree, soup and dessert.

The selection of frozen meals is also greater, says McRae, with a choice of 35 entrees that are rotated within a five-week cycle of menus.

"The only limit on the number of meals is room in the freezer," she adds.

But hot meals will always be a staple of the non-profit organization, not only because of the daily visits they entail, but also because some seniors, "if they don't have the meal in front of them, with a knife and fork, might not remember to eat at all," she says.

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Comment

POSTMEDIA

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The Niagara Advance

Peter Conradi Regional Editor
Penny Coles Editor

Point of View

Looking ahead to 2016

As we welcome in a new year, we are again going to follow the tradition here at the Advance of looking back on the year's news, and predicting what we might expect to hear in the coming year.

We've had a full year of our current municipal government, which was elected in October, 2014 with three first-time councillors and a new lord mayor.

We also elected a new MPP, NDP representative Wayne Gates in the fall of 2014, and he too has completed a year of his term

We watched the dedicated members of CARE go through the process of fighting to keep Parliament Oak open, and when that failed, we saw an exciting new community school open in the Old Town.

We have watched for news of the family health team and where it will be located, with the hospital beds closed and the rest of the building slated to follow, although the doctors' offices continue to be located downstairs with the services such as X-ray and blood testing still offered. We may be a little closer to hearing the final decision - will we have a new health hub, specifically built for that purpose, or will there be an existing building that can be renovated to provide bealth services? We expect we will hear this year, and although we know there are some who would like to see a new building, others are hoping to see the hospital or the medical clinic in Virgil fill that role.

As the former high school building sits empty, now owned by the town, we wait to see what use it will be put to. There is something in the wind - the property has been the subject of several in camera meetings of council, and we can assume we will hear sometime this year, likely sooner rather than later.

What will happen to the town's Regent Street property? Will it become a park? The former lawn bowling property was saved from residential development following the last municipal election, when voters made it clear they wanted it to remain public space. Now we have to wait to see what use it will be put to. Expect an outcry if parking is mentioned. More likely it will be a passive park, witb some benches and gardens, for locals and tourists to enjoy.

We have observed a busy year at council, with much accomplished in a short time - that would seem to contradict the word "dysfunctional" that has been used to describe the theatrics we've witnessed at council meetings, where tempers flare on a regular basis.

Let's hope some of our councillors resolve, as we head into a new year, to treat each other with the respect the position deserves, and put their personal differences aside when they enter the council chamber.

We continue to watch, on a provincial level, our MPP Wayne Gates, who is an outspoken advocate for this riding. He fought beside the parents of Parliament Oak students to keep the Old Town school open, and he continues to warn of the economic consequences of selling off Hydro One. He continues, with politicians of all parties and levels, to push to bring GO service to Niagara year-round. He has also supported the Fort Erie Race Track, the Fort Erie speedway proposal, and local farmers, wineries and craft brewers.

We look forward to news of the opening of the Lakeshore Road sewage treatment plant at the end of 2016, and hope for some good news from the region concerning Upper Canada Lodge, which requires renovations.

To our readers - happy new year to you all, and don't forget to share your news with us - we look forward to hearing it and passing it along to your friends and neighbours in the weeks to come.

NOTL Hydro employees walked in the NOTL Christmas Parade, collecting food and gifts to help fill the shelves at Newark Neighbours, NOTL's food bank.

Letters to the editor

Action needed to control Ontario Hydro

Congratulations to the Board of Niagara-on-the-Lake Hydro for their thorough analysis of the cost of electricity to Ontario consumers as contained in their article entitled "Cancel Ontario's Renewables" in the Dec.15, edition of the National Post (also Niagara Advance, Dec. 24).

Action needs to be taken on the out-of-control Ontario Hydro.

Ken Morrison
NOTL

Too many letters to Santa remain unanswered

Thank you for a wonderful story (Mystery of letter to Santa solved, Niagara Advance, Dec. 24).

I am a retired postal worker (after 38 years) and 2015 is my 31st year-volunteering my time to answer letters to Santa. I've answered close to 600 in English and French this year.

Like Tom, I have had my share of letters that touched my heart. It also saddens me to receive at least 40 or50 well written letters every year that have no name or address on them. I get lucky with some, but many go unresolved.

Bob Prentice
Santa Letter Co–ordinator
Niagara Falls Post Office

HOW TO CONTACT US

Penny Coles • Editor • penny.coles@sunmedia.ca • 905-468-3283 ext. 103
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OUR LETTERS POLICY

To be considered for publication, all letters must include the writer's full name, address and telephone number for verification purposes.
Only your name and the city/town where you live will be published.
Please keep your comments to a maximum of 500 words.
Submit your letters via e-mail to: penny.coles@sunmedia.ca

Opinion

Thanks to a very generous community at Christmas

Bonnie Turner
Newark Neighbours

Greetings everyone from all the volunteers and the board of directors at Newark Neighbours.

We hope you all are having a very good holiday so far.

We finished our Christmas program on Friday, Dec. 18. With the assistance of the community we helped to make the Christmases of 32 families a little brighter. Thanks to all of the generous people in our community.

Our volunteers are having a much deserved break until Monday Jan. 4.

We have lots of thank yous to send out so here we go.

Thank you to the Xi Ela Chi chapter of Beta Sigma Phi for gifts, toys and gift cards, Zig from Vintage Inns (Queen's Landing) brought in food and Travis Saunders also from Vintage Hotels (Queen's Landing) had a food drive for us.

The Carpet Bowling Club, Barbara and Ed McCarthy and Lorraine and Dennis Stapleton all gave food for our families' Christmas dinners.

The Creekside Senior Estates group again collected toys and food for Newark.

The support we receive from the local elementary schools is amazing. St Michaels Catholic School collect food and money to sponsor 10 of our families and St. Davids Public School collected food and again saved up Canadian Tire money to go and sbop for toys for our children.

The Chautauqua Residents Association held a food drive for Newark and collected lots of great things for the food bank.

Mary Deeley and Barbara Downing donated the makings of Christmas dinner for one of our larger families.

Tweed Farms Inc. gave a donation of food and Cherry Lane Farms gave a donation of 28 bottles of their cherry concentrate for all our very hard-working volunteers.

I will be back next week to wrap up our thank yous. As you have read the generosity of the Niagara area is wonderful. We wish you a Happy New Year.

We will re-open for shopping and drop-offs on Monday, Jan. 4. Our hours are Monday, Tuesday, Thursday and Friday from 9:30 a.m. until 2 p.m. We can be reached at 905-468-3519.

Bonnie Turner is a volunteer with Newark Neighbours.

Watching for signs of elder abuse can protect seniors

Dr. Bill Brown
From the health desk

Most caregivers of the elderly these days provide exemplary care.

Many of my readers probably know of several examples in Niagara-on-the-Lake. The Old Town is after all, a large gated community without gates, and word gets round, especially among those near the tipping point of needing added care

Long-term care is exhausting business, with little relief in sight, even with live-in care or visiting help and the latter are not cheap.

Humans have provided extraordinary long-term care for a long time. In the archeological record there are clear examples of what must have been very good long-term care for very disabled members of hunter-gatherer communities, dating back to paleolithic times many thousands of years ago.

Indeed there are examples of such altruistic behavior in Neanderthals and our living primate relatives. So altruism has been a feature of human life and our related ancestors for many thousands of years and crosses species lines.

But so does abuse. There is evidence of that too in the archeological record and primate behavior.

Surely under-reported, the evidence suggests that roughly 10 per cent of the elderly suffer from abuse, whether physical or mental or both or some instances, simple neglect.

Physical abuse may be hard to identify because seniors are prone to falls and other injuries. Non the less, the pattern of bruising, lacerations and fractures usually provides clues to repeated physical abuse by caregivers, or in long term facilities, by other residents. Physical abuse may take the form of sexual abuse usually by male residents but sometimes those responsible for the elder's care.

Just as troubling is psychological abuse. Ignoring, shunning, repeated nasty verbal abuse and sometimes, outright intimidation and threats are all part of the spectrum of abuse, sometimes in the nicest of nursing homes.

Then there is the issue of outright theft of money and sometimes fraudulent draining of bank accounts from seniors no longer able to track their accounts.

Seniors with a slippery grip on memory and keeping track of what's going on are especially at risk for fraud and the extent of the latter may be substantial and go undetected for years or until the patient is confronted with bills they're no longer able to pay.

Then there is the whole subject of medication abuse. Sometimes, rather than attempt to calm agitated patients, physicians and other health care workers resort to ill-timed sedatives, which may aggravate the agitation or simply push it off into another shift when that particular caregiver isn't on duty.

It's the perfect storm of a brain unable to comprehend or remember properly or buffer their medications.

Doses that younger people easily tolerate, often produce perverse responses, especially combined with the mix of so many other medications too many seniors find themselves on. It's a matter of too many and too much.

What to do about the risk of elder abuse? Most health care workers and institutions are well vetted these days, but not always. Many family members find they have to keep a close eye on their parent or spouse to be sure they receive the most appropriate and timely care. They are justifiably wary when accidents and falls occur.

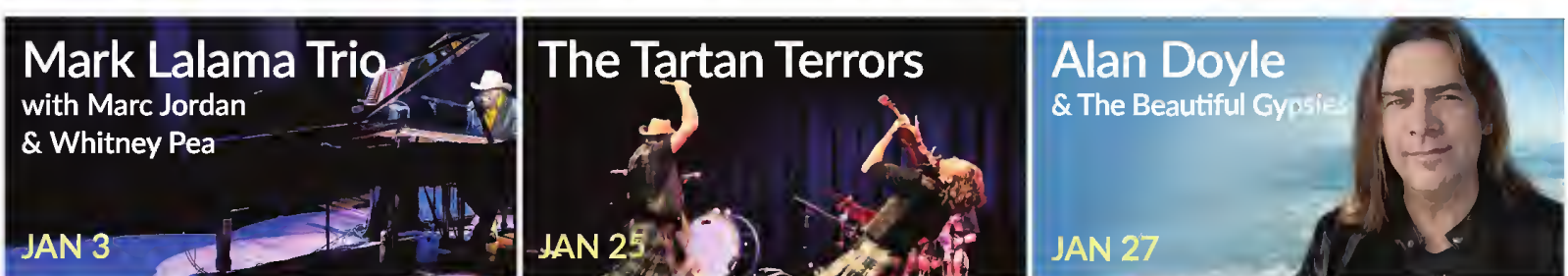
Sometimes the problem results from short staffing. Remember long-term care for anyone is an exhausting business and the more so when staff members are charged with looking after several behaviorally and physically demanding patients on the same shift. Its not easy and then they have to do it all over again when they come back on duty the next day.

Finally, on a related note, a research friend of mine from Johns Hopkins related a story from the 1990s when he was studying a special form of a paralytic illness in China.

Many of those patients became ventilator dependent and guess who provided the ventilator support? It was not medical or nursing staff but members of the patient's families, taking turns, 24/7 squeezing that ventilator bag 14-20 times a minute, hour after hour, day after day, until their relative recovered or died of other complications.

Yet another example of extraordinary care.

Dr. Bill Brown teaches part-time at McMaster University, where he is a professor of medicine in neurology.



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IN THE MATTER OF THE ONTARIO HERITAGE ACT, R.S.O. 1990, CHAPTER 0.18 AND IN THE MATTER OF THE LANDS AT THE FOLLOWING LOCATION IN THE PROVINCE OF ONTARIO

NOTICE OF INTENTION TO DESIGNATE

TAKE NOTICE that the Council of the Corporation of the Town of Niagara-on-the-Lake intends to designate the property at 421 HUNTER ROAD, LOCUST GROVE (LOT 77) as a property of cultural heritage value or interest under Part IV of the Ontario Heritage Act, R.S.O. 1990, Chapter 0.18.

Description of Property

421 Hunter Road, 'Locust Grove,' has a two-storey residence that sits on a large lot between Hunter Road and Niagara Stone Road in Niagara-on-the-Lake's agricultural area.

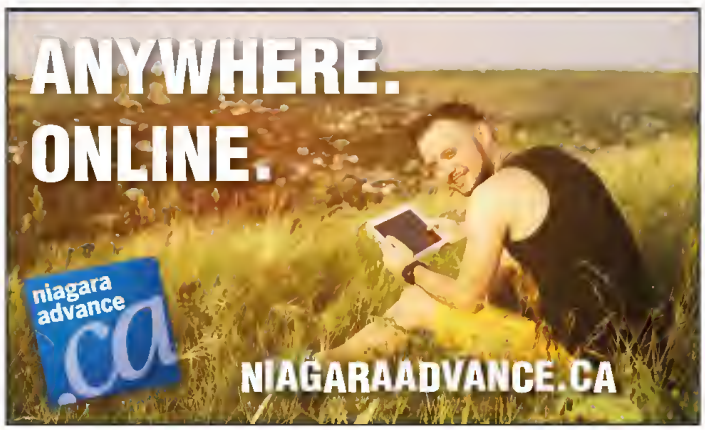
Statement of Cultural Heritage Value or Interest

The heritage value of the property lies in the fact that this property has direct ties to early settlers in the area and the War of 1812. The original 1,000 acre estate that came to be called Locust Grove was granted to Jacob Ball, one of Butler's Rangers, by the British Crown in 1782. The original farmhouse was burned by American forces in December 1813 during the War of 1812. The surrounding farmland, being right on the edge of the woods, was twice a battlefield during the war. A large two-storey residence was re-built on the same property ca. 1820 by Jacob's son, George Ball. Locust Grove became one of the most renowned country mansions in Upper Canada.

Further information respecting the proposed designation, including the full statement of cultural value, is available from Community & Development Services staff.

Any person may, not later than the 30th day of January, 2016, send by registered mail or deliver to the Clerk of the Town of Niagara-on-the-Lake notice of their objection to the proposed designation, together with a statement of the reasons for the objection and all relevant facts. If such a Notice of Objection is received, the Council of the Corporation of the Town of Niagara-on-the-Lake shall refer the matter to the Conservation Review Board for a hearing.

Dated at the Town of Niagara-on-the-Lake this 31st day of December 2015.
Holly Dowd, Town Clerk



Museum sponsoring trip to France

If you've ever wanted to see the First World War battlefields in person, with a group of history enthusiasts, now is your chance.

The Niagara Historical Society is sponsoring a tour to France from April 17 to 24, for what acting managing director Amy Klassen is calling a once-in-a-lifetime experience.

It's an excursion that will visit many important sites and battlefields including Arras, Ypres, John McCrae's Essex Farm, Sanctuary Wood, Hill 60, Tyne Cot Cemetery located on the site of the battle of Passchendaele, St Julien, Vimy, the famous Canadian Cemetery of Cabaret Rouge, Beaumont Hamel, Tower of Ulster, the Mouquet Farm and Courcelette, as well as battle monuments, The Wind Mill, Pozieres and Thiepval.

There is also an option for a Normandy extension and a Paris extension for those who are interested, says Klassen.

While it will be a whirlwind of activity, many of the museum members who are taking the trip are tacking it on to a European vacation that includes other locations, she says.

"It's a great trip for some of our members who want to delve a little deeper into history and have a more personal, hands-on experience of important battlefields."

The tour director is Collin Edward Rayment, who is accustomed to leading similar personalized tours, says Klassen.

He's a past commanding officer of The Queen's Own Rifles of Canada and currently Regimental Secretary as well as a Director of the Royal Canadian Military Institute and the Royal Niagara Military Institute.

Currently he provides monthly history lectures to the St. Catharines Golf Club Historic Group.

He is also well versed in the Canadian military, both past and present, she said.

There are a limited number of spaces available - 17 museum members are already signed up, she said, with only four spaces left.

In addition to being a commemoration of 100 years since the First World War, the tour is also a fundraiser for the Historical Society and Museum - a portion of each spot sold goes to the society to help with the ongoing care of the Museum's collection, said Klassen.

For more information and to obtain a copy of the full itinerary, please contact the museum at 905-468-3912.

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New Years Day - CLOSED

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Sparks Gracie Cherney, Luci Beccario and Sienna Salter, the youngest members of Girl Guides, helped plant more than 100 spring bulbs in the gardens at Grace United Church. In addition to thanking the church for allowing them a meeting place, the Sparks were also contributing to the town's Communities in Bloom project and learning healthy activity can be fun. The NOTL Horticultural Society donated the daffodil and tulip bulbs.

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Holiday Waste Management Services

HOLIDAY CHANGES IN WASTE COLLECTION

Garbage, recycling and Green Bin collection will be deferred by one day on Christmas Day and New Year's Day.

Regular Waste Collection Day	Changed to:
Friday (Dec. 25)	Saturday (Dec. 26)
Friday (Jan. 1)	Saturday (Jan. 2)

HOLIDAY GARBAGE EXEMPTIONS

In the week following Christmas (Dec. 26, 28, 29, 30, 31), residents may place double their regular weekly garbage limit to the curb on their collection day.

CHRISTMAS TREE COLLECTION

- Saturday, Jan. 9, 2016 ONLY
- Christmas trees must be at the curb by 7 a.m.
- Remove all ornaments and decorations
- Christmas trees wrapped in plastic or buried in snow will not be collected. No artificial trees.

Niagara Region

niagararegion.ca/waste
Waste Info-Line 905-356-4141
or toll-free: 1-800-594-5542

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Giving kids a jump start

Don Fraser
Postmedia Network

They are the kids left out of the action during recess.

While skipping ropes may swing, and tag games flourish, some students are proverbially kicked to the curb.

Others may not have access to play equipment — or enough supervision to be active on the playground.

With that in mind, Lauren McNamara, professor in Child and Youth Studies at Brock University launched "The Recess Project" about 4 1/2 years ago.

That initiative, funded by Canadian Tire's Jumpstart program, is now in nine District School Board of Niagara elementary schools.

It runs during the recess breaks, and focuses mostly on boosting physically-active play and social connectedness.

"I'm interested in the role that good friendships play in children's motivation to go to school," said McNamara.

"When children have a chance to connect positively with each other they feel understood and accepted, and that's a fundamental part of being human.

"Physically active play is a natural mediator of friendships, there is fun, cooperation, silliness, blood circulation and good hormones all coming together to make them feel great," she said.

"Happier kids are better students. When boredom, social conflict, and exclusion permeate playgrounds this gets in the way of making these connections, then the reverse happens."

The project began by the DSBN letting university students, with recess equipment in hand, organize inclusive play at recess.

It now includes a manual, training program manual, training program, uses 35 part-time recess coordinators and dozens of volunteers.

Four 10-week blocks of games and activities are organized. The program includes co-operative games like handball, soccer baseball, and capture the flag.

Playground games are folded in like hop scotch, four square and skipping.

See Page 15

FILM SERIES

SHAW FESTIVAL 2016

905.468.2172
shawfest.com/films

Iris
Fri Jan 1 @ 6pm
A poignant snapshot of Iris Apfel, the 93-year old style maven who has been a legendary presence on the New York fashion scene for decades. A story of a singular woman whose enthusiasm for fashion and art is an inspiration to others.

Learning to Drive
Sat Jan 2 @ 3pm
As her marriage dissolves, a Manhattan writer takes driving lessons from a Sikh instructor with marriage troubles of his own. Patricia Clarkson, Ben Kingsley star.

Meru
Friday Jan 8 @ 6pm
A riveting documentary about three men who attempt to conquer the ultimate prize – Shark's Fin on Mount Meru – in the high-stakes pursuit of Himalayan big-wall climbing.

Wild Tales SUBTITLED
Sat Jan 9 @ 3pm
Wild Tales is an eccentric and delightful collection of six stories about everyday life and people that combines dark comedy and mystery for an unforgettable film experience.

Ticket Prices ★
Single ticket $12
Doc pass $60 (6 films)
Festival Theatre parking $5

LunchMarket
Enjoy a bite before the Saturday films!
Doors open at 1:30pm.

Advance and same day tickets available at the Shaw Festival Box Office. All prices include tax. Presented by the Shaw Festival in association with Film Circuit, a division of the Toronto International Film Festival Group.

Program helps teach social skills and organizing games

From Page 14

Guest yoga instructors and dance instructors have also participated.

A number of community partner are also involved, including Niagara College Athletics, Brock Athletics, Fox Den Yoga, and Yoga by Sarah.

Meanwhile, university researchers are allowed access to participating schools to do project research.

Blair Janzen, curriculum consultant health and physical education at the DSBN, said the program is "working on those social skills, and organizing games — for a lot of kids, they don't know what to do at recess."

Here, "they get to create their own games, Canadian Tire provides equipment so it may be something new that they may not have had before."

"They're being more physically active," she said. "And they're engaging with other students they may not have had a chance to befriend in the past, so it opens up those (social) avenues some kids struggle with."

Troy Wallace, principal at Crossroads Public School in Niagara-on-the-Lake, has seen the benefits of the program.

"It is an outstanding program," Wallace said, of activities that unfold in the schoolyard and gymnasium.

"All kids get included, so if there are students not engaged and playing are drawn into games.

"The whole idea of how you play effectively with friends, in a very positive way, is taught and reinforced through the program."

For a short video on The Recess Project, visit vimeo.com/146852859

For further information on the program, please e-mail caroline.macdonald@recessprojectcanada.

Students at Connaught Public School in St. Catharines participate in The Recess Project, a program that helps kids learn social skills. The program is also offered at Crossroads Public School in Virgil.

LOOK IN THURSDAY'S PAPER FOR YOUR M&M FLYER!

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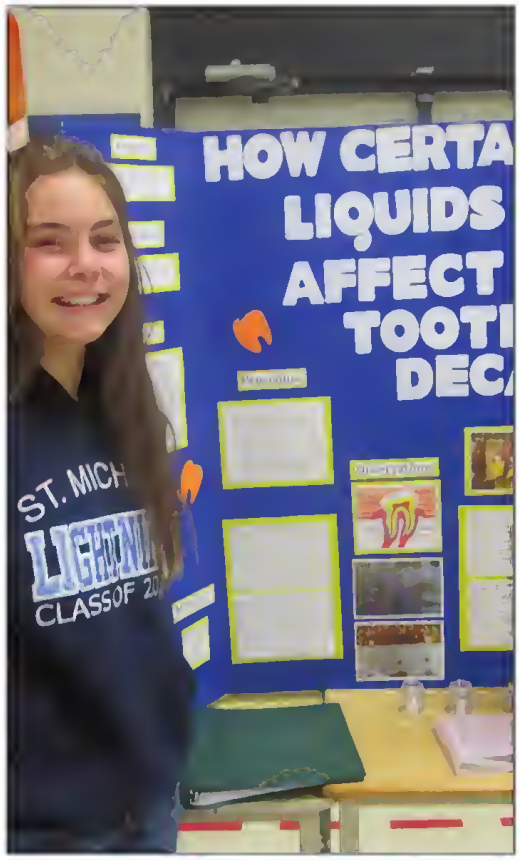
St. Michael Catholic Elementary School Grade 7 student Alica Juras explains how some liquids affect tooth decay in the science fair project she presented to the school before the holidays.



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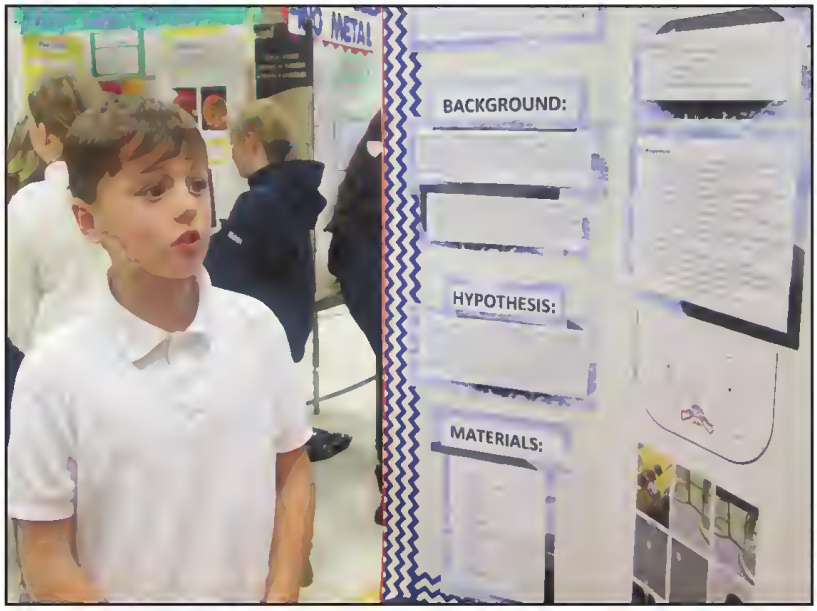

Which travels faster on ice - a frozen puck or a hot puck? Before the holiday break, Grade 5 student Ethan Williams at St. Michael Catholic Elementary School explained his science fair project, which proves a frozen puck travels faster.

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Obituaries

YARASCAVITCH, Egle - Talented painter, pianist, angler, hunter, camper, scholar, dentist, daughter, sister, wife, and mother. Crazy about crosswords, knitting, geography, geology, birding, baking, home décor, and her handsome boys. Mushroom forays, scuba dives, hiking, ballroom dances, traveling and enjoying the feel of sand between her toes. This was our adventuresome Dr. Egle Yarascavitch (nee Sakalauskaite) born November 4, 1982 in Kaunas, Lithuania. Egle passed away gently in the comfort of her home December 22, 2015 in Huntsville, ON. Her insatiable curiosity and child-like joy for living saw her savour every previous moment since her cancer diagnosis three years ago. Egle is survived by her husband Dr. Marc Yarascavitch, twin sons James & William, her mother Laima Slizauskas (Gintaras), brother Tomas Sakalauskas (Jolanta). Missed by her in-laws Drs. Ronald and the late Paula, Alec (Jenn), Blake (Jenny), & Carilynne (Robert) Yarascavitch, Sgt. Eric Stewart (Terrie) and their families. A Celebration of Life was held at the Mark O'Meara Grandview Golf Club, Huntsville. Memorial Gifts to Princess Margaret Hospital Lung Clinic or Hospice Huntsville are welcome. Go to goo.gl/xR4L3m to see and share memories on Facebook.

www.billingsleyfuneralhome.com

Remember with a donation

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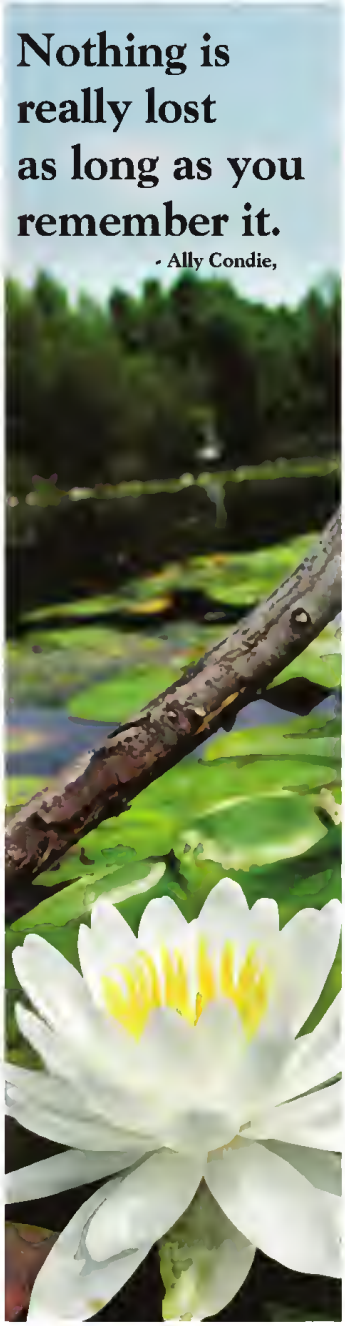
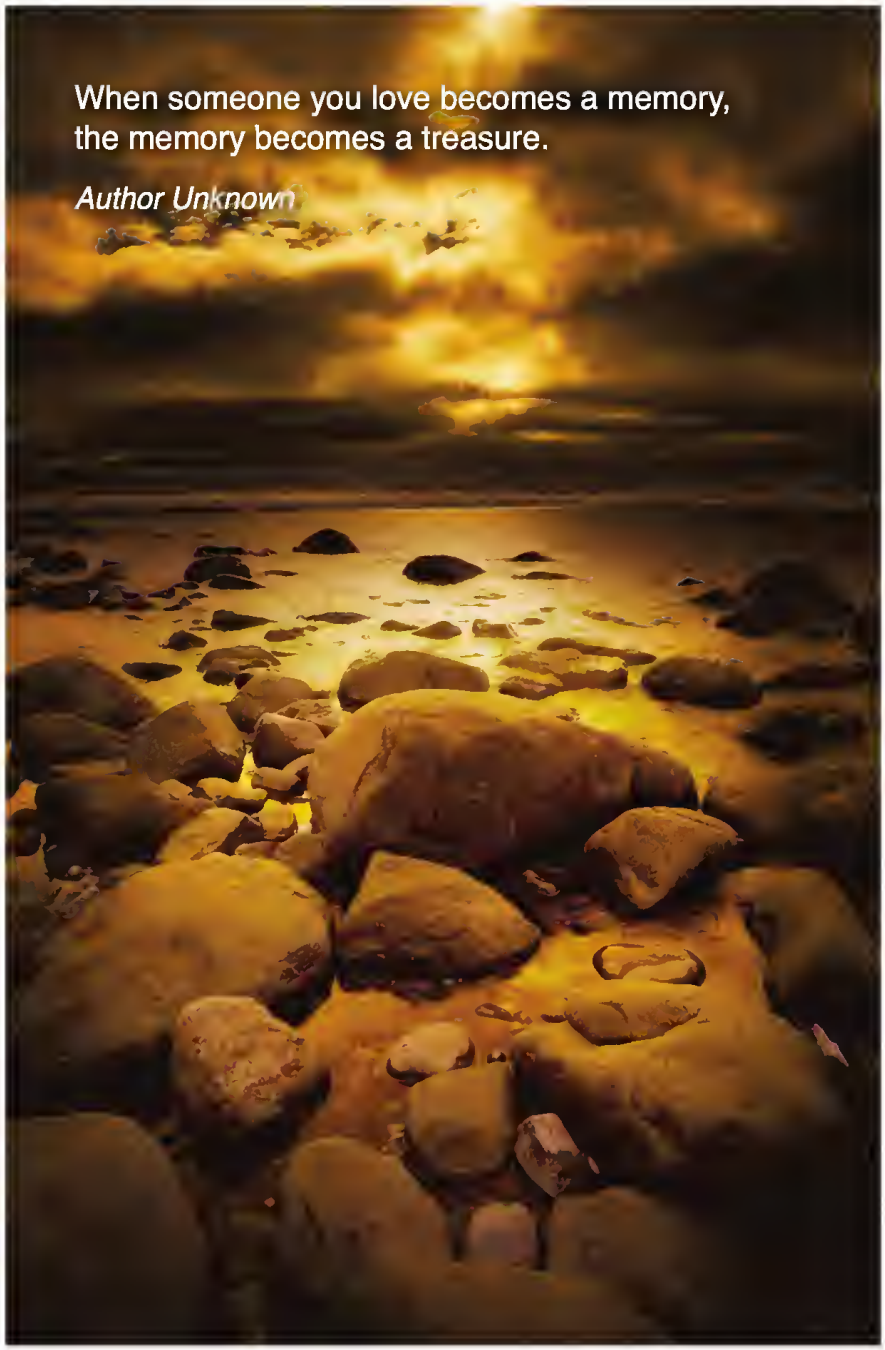
Canadian Cancer Society
Société canadienne du cancer

Prayers

PRAYER to ST. CLARE
3 requests will be granted, for sure 2 impossible ones. Repeat this prayer for 9 days and on the 9th day publish this prayer: *May the Sacred Heart of Jesus be praised, adored, glorified and loved today and everyday. Repeat 3 times and repeat 9 Hail Marys.* Starling





Those we love don't go away, they walk beside us every day. Unseen, unheard, but always near. Still loved, still missed and very dear. - *Unknown*

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Students of Crossroads Public School entertained family and friends with holiday songs before Christmas.

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New Members Welcome
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Branch # 124, 410 King Street, NOTL
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January 2, 3 & 9 - 10:00 AM – 1:00 PM
Beginner Classes Start Week of January 4
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To register - contact: Herb
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herb@ballroombasics.ca
www.ballroombasics.ca

University Women in Niagara
PRESENT
"A NIGHT AT THE MOVIES"
Wednesday, Jan. 13 ~ 7 - 9 pm
Simpson Room
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New members always welcome!
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Place your **Coming Event Community Calendar Social here,** with or without a border, colour, graphics optional. **Include your logo!**

Deadline: Monday 3pm
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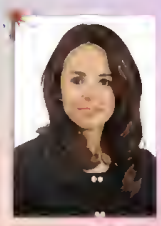
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Wishing all a Healthy, Happy & Joy Filled 2016